

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: LIFECARE CENTER EAST (dba Options for Women East)

Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas

For the period: January, February, March 2016

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|--|---|------------------------|---|---------------------|
| Administrative Activities | Provide ongoing guidance, assessment and supervision to grant staff; complete grant forms; track grant budget; attend required grant meetings | | Ongoing guidance, supervision and assessment of grant staff were carried out this quarter. | |
| Outreach | Program staff will network within the community to provide education regarding our services | | Our program staff visited three local organizations this quarter to network sharing how our services can benefit their clients. | |
| Crib Distribution/ Sleep Safety Education | Provide Safe Sleep Education | 8 | This quarter we had clients that understood the safe sleep ideas and a few that still were unaware of the safe sleep rules. With them we emphasized back to sleep, free and clear crib or pack n play, and no bed sharing. They were very receptive to the information and took the education to heart. We make sure to have them understand that by following a few simple rules, they can increase the chance of their child being safe while sleeping. Our goal is give each client powerful information to make choices to help their family have a positive outcome. | 51 |

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| Life-Skills Education Program | Provide life-skills education | 12 | There is a client that has been coming to us since last year. She has since had her baby boy this past February. They are both happy and healthy and in part due to the guidance she received here at Options. We started out with our education curriculum of videos and literature, but I could tell she needed more. We started to implement the Life Coaching techniques into our sessions, and she started to grow. She got a job, she found a new place to live, and is now in a place that is safe and structured for her children. We cannot take all the credit, but she found her voice and her purpose by using the Life Coaching techniques. | 86 |
| Mentoring Program | Provide prenatal and parenting education in an incentive program | 12 | We have a client that came to us in the fall of 2014 for a few education classes then stopped coming with no notice. Well she came back in November of 2015, and declared she was pregnant again. What we discovered that day was that during her previous pregnancy, she had a miscarriage at 7 months. She was so devastated that she didn't want to contact us, she needed time to heal. Given that she is pregnant again, her first instinct was to come back to us because she felt welcome, safe, and cared for. We picked up where we left off with the education lessons and she is doing great. We have covered a lot of information about loss and what that means to this upcoming delivery. She has tried therapy, support groups, and over the phone counseling, but we seem to be the place she keeps coming back to. | 69 |
| Nutrition | Provide prenatal vitamins to clients having ultrasounds; provide education on prenatal nutrition and prenatal vitamins | 30 | Our nurses and program staff provided prenatal vitamins and education on the importance of early and consistent prenatal care to 35 women this quarter. One client shared with us that she had initially intended to terminate her pregnancy but took the vitamins just to be polite. She came back for education a few months later and told one of our nurses that every time she saw those vitamins in her purse she was reminded that she was already a mother and her desire grew to continue her pregnancy. | 35 |

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| Pregnancy Education | Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care | 30 | Nurses provided education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care to 38 women. Two were struggling with alcohol use and were very receptive to the education on how alcohol use affects their baby during pregnancy. Neither were aware of the affects. | 35 |
| Pregnancy Testing | Provide program eligibility assessment, pregnancy counseling and testing | 50 | Program staff provided 75 pregnancy tests with counseling this quarter. 35 of these tests were positive. Four of these women made appointments for prenatal care that very same day. Being able to offer free prenatal care on site has made it much easier for women to enter into early prenatal care. | 75 |
| Ultrasound | Provide ultrasounds, education and counseling | 30 | Our sonographer shared that she had four women this month whose partners were not supportive of them continuing the pregnancy. For three of these women the opportunity of having their partner present for the ultrasound and being able to witness their baby's heartbeats changed their mind about the pregnancy. | 38 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|---|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i> | NA |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i> | 51 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i> | 51 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i> | 51 |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 5 |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i> | 51 |

Challenges: Two of our PAG staff had serious illness issues with children this quarter, so both had to take some personal time off. Although for the most part we were able to shift appointments to accommodate clients, we did have to refer some ultrasounds to a clinic similar to ours to facilitate them being seen right away.

Comments: